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### **Mealtime in Less Time**

Newton, NC—Do you have trouble planning quick, healthy meals? Here's a way to find ideas you can use. On Wednesdays, February 9, 16, and 23 at 5:30pm, Cooperative Extension will offer *Meal Time in Less Time* to help you to find answers to the question "What are we having for dinner?"

All sessions will be held at the Agricultural Resources Center, 1175 South Brady Avenue in Newton. Participants will learn ways to plan ahead, save time on meal preparation and shopping, spend less money at the store, and prepare healthy meals everyone will enjoy. Taste testing and recipes will be available at each session. Cost of the three sessions is \$ 10. Pre-registration is requested by February 7. Contact [Glennie\\_daniels@ncsu.edu](mailto:Glennie_daniels@ncsu.edu) or call Catawba County Cooperative Extension at 828-465-8243 for more information.